



**City of Miami Springs**  
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Michael Windrem

**Councilman/Concejal**  
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**Councilman/Concejala**  
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Administrador Municipal**  
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# Springs Connection

## Conexión de Miami Springs

Keep this for  
future reference!  
Conserve este  
documento para  
referencia

Summer 2013

The Senior Connection / La conexión para las personas mayores

El verano del 2013

### The Senior Connection

Besides the wealth of events, classes and community, religious and athletic activities here in Miami Springs that are available to all adults, Miami Springs offers a wide array of opportunities specifically for our valued seniors. In this issue of the Springs Connection, we are featuring information on many ways our older residents can enjoy spending time, access services, resources and information, stay fit, socialize, work on crafts and hobbies, volunteer, meet new people, stay involved in our community and maintain independent and healthy lifestyles no matter what their interests. Ranging from congregational hot meals for seniors to art workshops and computer classes, there's always something special happening for those of us who are 60+ in Miami Springs. Many of them, although they may be sponsored by a religious or community organization, are open to all. See which ones you'd like to become a part of to help enrich your life and give you the new experiences and services you need as an active golden-ager. So keep this reference guide handy - our Springs Connection is your connection to enjoying a "third era" of life.



### La conexión para las personas mayores

Además de la variedad de eventos, clases y actividades comunitarias, religiosas y atléticas disponibles aquí en Miami Springs para todos los adultos, esta ciudad ofrece una amplia gama de oportunidades específicamente para nuestras valiosas personas mayores. En la presente edición de *Springs Connection*, presentamos las muchas maneras en que nuestros residentes de mayor edad pueden disfrutar de pasar el tiempo, tener acceso a servicios, recursos e información, mantenerse en forma, sociabilizar, elaborar artesanías y dedicarse a pasatiempos, desarrollar actividades voluntarias, conocer a nuevas personas, participar en actividades con nuestra comunidad y mantener estilos de vida independientes y saludables, cualesquiera sean sus intereses. Desde servicio de asistencia en comidas calientes para personas mayores hasta talleres de arte y clases de computación, siempre hay algo especial para quienes tenemos más de 60 años de edad en Miami Springs. Muchas de tales actividades, aunque podrían estar patrocinadas por una organización religiosa o comunitaria, son accesibles a todos. Vea en cuáles le gustaría participar a fin de enriquecer su vida y recibir las nuevas experiencias y servicios que usted necesita como ciudadano activo en sus años dorados. De modo que tenga a mano esta guía de referencia; nuestra *Springs Connection* es su conexión para disfrutar de una "tercera edad" en la vida.



*At the Heart of it All!*



“The Miami Springs Senior Center is a partner and stakeholder in Florida’s aging services network, and is your friendly and comprehensive hometown resource for information and referral assistance. So stop by to meet Betty and me, and check out our monthly Calendar of Events, available in City Hall lobby, here at the Center, and on the internet at [www.miamisprings-fl.gov/elderlyservices/senior-centers-monthly-calendar](http://www.miamisprings-fl.gov/elderlyservices/senior-centers-monthly-calendar).”

-Karen Rosson, Elderly Services Director

“El Centro de Personas Mayores de Miami Springs está asociado y es parte interesada de la red de servicios para personas mayores de Florida, y constituye su fuente local integral y fácil de usar de información y ayuda para remisiones. De modo que visítenos a Betty y a mí, y revise nuestro Calendario de Eventos mensual, disponible en la recepción del Ayuntamiento, aquí en el Centro, y en internet en [www.miamisprings-fl.gov/elderlyservices/senior-centers-monthly-calendar](http://www.miamisprings-fl.gov/elderlyservices/senior-centers-monthly-calendar).”

-Karen Rosson, Directora de Servicios de Atención a Personas Mayores

<i>Name of Organization</i>	<i>Name of Activity, Resource, etc.</i>	<i>Location</i>	<i>Time and Dates</i>	<i>Fees</i>	<i>Contact Information</i>
Blessed Trinity Catholic Church	Ladies Guild and monthly Bunco games	Blessed Trinity Parish Hall, 4020 Curtiss Parkway	Meetings one Thursday each quarter; Bunco games 4th Thursday of each month 7:30 p.m.	<b>FREE</b> Guild membership / \$3.50 for Bunco	Karen Bruener 305.888.2015 or scorpio4344@comcast.net; Marli Sandri 305.884.2288 or rsandri@Universalcardodoors.com
Curtiss Mansion	Tour of the Mansion	Curtiss Mansion, 500 Deer Run	2nd Saturday of each month at 10:30 a.m.	\$5 donation	305.869.5180 or JoEllen@curtissmansion.org
Curtiss Mansion	After-Dinner Lecture Series and Performances	Curtiss Mansion, 500 Deer Run	monthly	Most lectures are <b>FREE</b> / some have a nominal charge; selected performance events during the season have a charge and will be posted ahead of time	305.869.5180 or JoEllen@curtissmansion.org
Curtiss Mansion	Yoga and Meditation with Natasha	Curtiss Mansion, 500 Deer Run	Monday and Wednesday at 6:30 p.m. and Saturdays at 8:30 a.m.	8 wk. session \$139; individual classes \$10	305.869.5180 or JoEllen@curtissmansion.org
First Presbyterian Church	Sewing/Crafts Ministry (sewing items for donation to childrens hospitals and nursing homes)	Rucks Parlor, First Presbyterian Church, 300 Westward Drive	Tuesdays, 9 a.m. to 2 p.m.	<b>FREE</b>	Church office: 305.887.8258



<i>Name of Organization</i>	<i>Name of Activity, Resource, etc.</i>	<i>Location</i>	<i>Time and Dates</i>	<i>Fees</i>	<i>Contact Information</i>
Hialeah-Miami Springs Rotary Club	Funsters - a monthly theme social for seniors	Miami Springs Country Club, 650 Curtiss Parkway	2:30 p.m. to 4:30 p.m. 3rd Monday of each month	<b>FREE</b>	Polly Thompson 305.887.6166
Hibiscus Fine Arts Guild	workshop and exhibit opportunities to promote and educate about art, artists and photographers	Miami Springs Woman's Club and other locations nearby	2nd Tuesday of each month at 1:00 p.m. Oct. - June	\$15 per year	Ellnora Riecken 305.887.3042 or eriecken601@gmail.com / Nikki Jester 305.888.8133 or nikkinlaw@bellsouth.net
Miami Springs Aquatic Center	Water Aerobics Classes	Miami Springs Aquatic Center, 1401 Westward Drive	Monday, Wednesday and Friday 10:00 to 11:00 a.m./ Tuesday and Thursday 6:00 to 7:00 p.m	\$40 for 8 water aerobics classes	Miami Springs Aquatic Center 305.805.5078
Miami Springs Aquatic Center	Lap Swimming	Miami Springs Aquatic Center, 1401 Westward Drive	Daily 11:00 a.m. to 8:00 p.m.	Seniors - \$2; Adults - \$4	Miami Springs Aquatic Center 305.805.5078
Miami Springs Aquatic Center	Adult Swim Lessons	Miami Springs Aquatic Center, 1401 Westward Drive	Monday thru Thursday. Sessions start every two weeks. Classes offered at 9:00 a.m. and at 6:00 p.m.	\$45 for 8 swim classes	Miami Springs Aquatic Center 305.805.5078





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Miami Springs Aquatic Center	Open Swim	Miami Springs Aquatic Center, 1401 Westward Drive	1:00 - 8:00 p.m. Monday to Friday; 1:00 to 5:00 p.m. Saturday and Sunday	Seniors - \$2; Adults - \$4	Miami Springs Aquatic Center 305.805.5078
Miami Springs Branch Library	Computer and Internet Basics Class (also in Spanish)	Miami Springs Branch Library, 401 Westward Drive	Thursdays 10:30 to 11:30 a.m.	<b>FREE</b>	to register, call 305.805.3811
Miami Springs Community Center	Walking Club: gets seniors moving and keeping track of their mileage, to win prizes and awards	Miami Springs Community Center, 1401 Westward Drive	Every day	<b>FREE</b>	Caitlin Smith 305.805.5075
Miami Springs Community Center	General Yoga Class	Miami Springs Community Center, 1401 Westward Drive	Monday and Wednesday: 7:15 p.m. & Saturday 8:45 a.m.	\$95 for 8 week program, 24 classes	305.805.5075
Miami Springs Golf Course	Senior Shootout	Miami Springs Golf Course, 650 Curtiss Parkway	11 a.m. every Tuesday	\$25 residents / \$36 non-residents	305.805.5180
Miami Springs Historical Museum	Museum Volunteer (training provided)	Miami Springs Historical Museum, 26 Westward Drive	One Sunday every other month, 1:30 to 4:00 p.m.	<b>FREE</b>	Yvonne Shonberger 305.887.2973 or Dick Roetz (Museum Manager) 305.821.7824.
Miami Springs Police Department	Secure Document Shredding (up to 4 boxes per person, to deter identity theft)	Pool Parking Lot, Swan Avenue	Quarterly, 4 p.m. to 7 p.m.	<b>FREE</b>	Call CPO 305.888.5286 for next date / also in River Cities Gazette, City Twitter, City web site <a href="http://www.miamisprings-fl.gov">www.miamisprings-fl.gov</a>



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Miami Springs Police Department Community Policing Office	Crime Watch presentations (scams, personal safety tips, home safety tips, new laws, driving tips, criminal activities occurring within the City and other topics of interest)	once a month at the Senior Center (see schedule) and other locations by request	as requested	<b>FREE</b>	305.888.5286
Miami Springs Senior Center	Senior Yoga Classes	Miami Springs Community Center, 1401 Westward Drive	Currently Monday, Wednesday and Friday 9:00 to 10:15 a.m.	<b>FREE</b> to area residents age 60 and over	305.805.5160
Miami Springs Senior Center	"Let's Dance! " Fitness Classes	Miami Springs Community Center, 1401 Westward Drive	Currently Monday, Wednesday and Friday 10:15 to 11:00 a.m.	<b>FREE</b> to area residents age 60 and over	305.805.5160
Miami Springs Senior Center	Chair Exercise Classes	Miami Springs Senior Center, 343 Payne Drive	Currently Monday, Wednesday and Friday 10:45 to 11:15 a.m.	<b>FREE</b> to area residents age 60 and over	305.805.5160
Miami Springs Senior Center	Chair Yoga Classes	Miami Springs Community Center, 1401 Westward Drive	Currently Tuesday and Thursday 9:30 to 11:00 a.m.	<b>FREE</b> to area residents age 60 and over	305.805.5160
Miami Springs Senior Center	Line Dancing Group	Miami Springs Senior Center, 343 Payne Drive	Currently Monday, Wednesday and Friday 9:30 to 11:00 a.m.	<b>FREE</b> to area residents age 60 and over	305.805.5160



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Miami Springs Senior Center	"Silver Surfers" Computer Classes	Miami Springs Senior Center, 343 Payne Drive	Available as funding permits; call for schedule	Provided by S.T.E.P.S. in the Right Direction; <b>FREE</b> to area residents age 60 and over	305.805.5160 or 305.231.9936
Miami Springs Senior Center	Congregate Meals	Miami Springs Senior Center, 343 Payne Drive	Monday through Friday 11:30 a.m. to 12:30 p.m.	Available to local residents age 60 and over who qualify	305.805.5160 or Rossonk@miamisprings-fl.gov
Miami Springs Senior Center	Home Delivered Meals (service is limited and may have a waiting list)	Miami Springs Senior Center, 343 Payne Drive	Monday through Friday 11:30 a.m. to 1:30 p.m.	Available to local residents age 60 and over who qualify	305.805.5160 or Rossonk@miamisprings-fl.gov
Miami Springs Senior Center	Transportation (to and from the Senior Center)	Miami Springs Senior Center, 343 Payne Drive	Monday through Friday 9:30 a.m. to 1:30 p.m.	Available to local residents age 60 and over who qualify	305.805.5160 or Rossonk@miamisprings-fl.gov
Miami Springs Senior Center	Nutrition Counseling	Miami Springs Senior Center, 343 Payne Drive	Scheduled as needed with Registered Dietician	Available to local residents age 60 and over who qualify	305.805.5160 or Rossonk@miamisprings-fl.gov
Miami Springs Senior Center	Nutrition Education	Miami Springs Senior Center, 343 Payne Drive	Scheduled monthly	Available to local residents age 60 and over who qualify	305.805.5160

### Interested in volunteering?

Our Senior Center is looking for you! Do you have some talents you would like to share? Opportunities include sharing a musical performance or some other type of presentation and setting up for special events. Develop a deeper sense of belonging here "at the heart of it all", have a lot of fun, and help others while making our City a better place to live. (Non-seniors are welcome, too!) For information, call the Miami Springs Senior Center at 305.805.5160.





**¿Le gustaría participar como voluntario?** ¡Nuestro Centro de Personas Mayores necesita de usted! ¿Posee algún talento que le gustaría compartir? ¿Quisiera retribuir a la comunidad de una manera significativa? Las oportunidades incluyen compartir una interpretación musical o algún otro tipo de presentación y programar eventos especiales. Ahonde más su sentido de pertenencia aquí “en el centro de todo”, diviértase mucho y ayude a los demás mientras transformamos a nuestra Ciudad en un mejor lugar para vivir. (¡Quienes no sean personas mayores están invitados también!) Para más información, llámenos al 305.805.5160.

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Miami Springs Senior Center	Screening and Assessment	Miami Springs Senior Center, 343 Payne Drive	Scheduled as needed for home delivered meal recipients	Available to local residents age 60 and over who qualify	305.805.5160
Miami Springs Senior Center	Income Tax Preparation Assistance: Provided by AARP Tax-Aide Counselors for low to moderate income taxpayers, especially those 60 and older.	Miami Springs Senior Center, 343 Payne Drive	Available by appointment only; scheduled Tuesday afternoons, February 1st through April 15th	<b>FREE</b>	305.805.5160 or 1.888.227.7669
Miami Springs Woman's Club	Medical Loan Closet: medical equipment such as wheel chairs, shower chairs, walkers etc. (donations also accepted)	Miami Springs Woman's Club, 200 Westward Drive	year-round loans	<b>FREE</b>	Yvonne Shonberger 305.887.2973
Poinciana United Methodist Church	Food Pantry	PUMC, 300 N. Royal Poinciana Boulevard	year-round	<b>FREE</b>	Call 305.888.0641 during regular business hours





### **Pass It On!**

**First Public  
Budget Hearing  
Monday, Sept. 9th at 7p.m.  
City Council Chambers**

**Second Public  
Budget Hearing  
Monday, Sept. 23rd at 7p.m.  
City Council Chambers**

**Adopt-a-Tree  
Saturday, September 14th  
9a.m.-noon  
Community Center**

### **¡Corra la voz!**

**Primera Audiencia Pública  
sobre el Presupuesto  
Lunes, 9 de septiembre,  
7 p.m.**

**Sala de Audiencias del  
Consejo de la Ciudad**

**Segunda Audiencia Pública  
sobre el Presupuesto  
Lunes, 9 de septiembre,  
7 p.m.**

**Sala de Audiencias del  
Consejo de la Ciudad**

**Adopte un árbol  
Sábado, 14 de septiembre  
de 9 a.m. al mediodía  
Centro Comunitario**

## **Important Telephone Numbers for Seniors Números importantes para las personas mayores**

ELDER ABUSE	Call to report elder abuse, neglect or exploitation		1.800.96 ABUSE
ELDER HELPLINE	Call to schedule an appointment to speak with a volunteer counselor	Free assistance in determining what services are available in Miami-Dade County	305.670.4357
LEGAL SERVICES OF GREATER MIAMI	Call for appointment	Title III funding specifically for legal assistance to the elderly based on age not income	305.576.0080
MEDICAID			305.593.3000
MEDICARE			1.800.633.4227
MIAMI SPRINGS COMMUNITY POLICING OFFICE	Monday through Friday	non-emergency public safety information	305.888.5286
MIAMI SPRINGS POLICE DEPARTMENT	24 hrs / day		305.888.9711
SENIOR LEGAL HELPLINE		Free legal advice and brief services by telephone to eligible Florida residents age 60 and older, for civil (not criminal) legal problems	1.888.895.7873
SHINE (Serving Health Insurance Needs of Elders)	Call to schedule an appointment to speak with a volunteer counselor	Free, unbiased health insurance counseling (about Medicare, supplemental insurance, Health ACCESS plans, prescription assistance, long-term care)	English: 305.670.6500 ext. 256 Spanish: 305.670.6500 ext. 276 1.800.963.5337
SOCIAL SECURITY			1.800.772.1213



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